

1. A data carrier for providing health related information regarding a patient, and for facilitating compliance with HIPAA by the obscuring the association between the identity of the patient and the health related information when the data carrier is to be discarded, comprising:

a release liner,

a health information label having an upper surface and a lower surface, said label including a first area on said upper surface for indicia specifying health related information and a second area on said upper surface for indicia specifying the identity of a patient,

a pressure sensitive adhesive coating on said lower surface of said health information label, securing said health information label to said release liner, and

a masking label integral with said health information label, and

a die cut in said release liner defining a removable liner piece beneath said masking label, said removable liner piece being removable from said release liner with said health information label and remaining thereon when said health information label is applied to a surface, said removable liner piece permitting the removal of said masking label from said health information label so that said masking label can be applied over one or both of said first and second areas to obscure the association between the identity of the patient and said health related information when the data carrier is to be discarded.

2. The data carrier of claim 1, in which said first and second areas are on a first portion of said health information label, and said masking label is on a second portion of said health information label, said first and second portions being separated by a line of die cut perforations.

3. The data carrier of claim 2, in which said first and second portions of said health information label are substantially equal in size and shape, in which said masking label encompasses substantially all of said second portion, and in which said removable liner piece beneath said masking label is larger than said masking label.
4. The data carrier of claim 1, in which said pressure sensitive adhesive coating on said lower surface of said label comprises a permanent adhesive, whereby applying said masking label over one or both of said first and second areas to obscure the association between said name of said patient and said health related information when the data carrier is to be discarded obscures the association between the name of the patient and the health related information.
5. The data carrier of claim 1, in which said health information label defines a plurality of scores or cuts, whereby an attempt to remove said masking label from the upper surface of said health information label will result in the destruction of said health information label, rendering said identity of said patient or said health information, or both unreadable.
6. The data carrier of claim 1, in which said masking label is smaller than said removable liner piece beneath said masking label, and in which said removable liner piece extends beyond the edge of said health information label such that said removable liner piece may be used to remove said masking label.
7. A data carrier for providing health related information regarding a patient, and for facilitating compliance with HIPAA by the obscuring the association between the name of the patient and the health related information when the data carrier is to be discarded, comprising:

a release liner,

a health information label having an upper surface and a lower surface, said label including a first area on said upper surface for indicia specifying health related information and a second area on said upper surface for indicia specifying the identity of a patient,

a pressure sensitive adhesive coating on a portion of said lower surface of said health information label, securing said health information label to said release liner, said lower surface of said health information label beneath one or both of said first and second areas on said upper surface being substantially free of pressure sensitive adhesive,

a second label, integral with said health information label, defined by a perforation line enclosing the part of said information label that is substantially free of pressure sensitive adhesive,

said lower surface of said health information label beneath one or both of said first and second areas on said upper surface being substantially free of pressure sensitive adhesive such that the removal of said second label from said health information label obscuring the association between said name of said patient and said health related information when the data carrier is to be discarded.

8. The data carrier of claim 7, in which said pressure sensitive adhesive coating on said lower surface of said label comprises a permanent adhesive.

9. A data carrier for providing health related information regarding a patient, and for facilitating compliance with HIPAA by the obscuring the association between the name of the patient and the health related information when the data carrier is to be discarded, comprising:

a release liner,

a health information label having an upper surface and a lower surface, said label including a first area on said upper surface for indicia specifying health related information and a second area on said upper surface for indicia specifying the identity of a patient,

a pressure sensitive adhesive coating on said lower surface of said health information label, securing said health information label to said release liner,

a second label, integral with said health information label, defined by a perforation line enclosing at least a portion of one of said first and second areas,

a die cut in said release liner defining a removable liner piece beneath said second label, said removable liner piece being removable from said release liner with said health information label and remaining thereon when said health information label is applied to a surface, said removable liner piece permitting the subsequent removal of said second label from said health information label after said health information is applied to a surface, whereby the removal of said second label from said health information label obscures the association between said name of said patient and said health related information.

10. The data carrier of claim 9, in which said second label is smaller than said removable liner piece beneath said second label, and in which said removable liner piece extends beyond the

edge of said health information label such that said removable liner piece may be used to remove said second label.

11. A data carrier for providing health related information regarding a patient, and for facilitating compliance with HIPAA by the obscuring the association between the name of the patient and the health related information when the data carrier is to be discarded, comprising:

a release liner,

a health information label having an upper surface and a lower surface, said label including a first area on said upper surface for indicia specifying health related information and a second area on said upper surface for indicia specifying the identity of a patient,

a pressure sensitive adhesive coating on a portion of said lower surface of said health information label, securing said health information label to said release liner, and a release coating on the balance of said lower surface of said health information label, and

a masking label carrying a pressure sensitive coating and being integral with said release liner and positioned in alignment with said release coating on said balance of said lower surface of said health information label, and

a die cut in said health information label, defining a removable label piece generally surrounding said release coating on said lower surface of said health information label, said removable label piece being removable with said health information label from said release liner, and remaining therewith when said health information label is applied to a surface, said masking label being removable so that it can be applied over one or both of said first and second areas to

obscure the association between said name of said patient and said health related information when the data carrier is to be discarded.

12. The data carrier of claim 11, in which said masking label is defined by a die cut in said release liner.

13. A data carrier for providing health related information regarding a patient, and for facilitating compliance with HIPAA by obscuring the association between the identity of the patient and the health related information when the label is to be discarded, comprising:

a release liner having an upper surface and a lower surface,

a first label having an upper surface and a lower surface, said label including a first area for indicia specifying health related information and a second area on said upper surface for indicia specifying the identity of a patient,

a pressure sensitive adhesive coating on said lower surface of said first label, securing said first label to said release liner, and

a second label integral with said data carrier, said second label defined by a die cut in one of said first label or said release liner,

said second label configured such that upon removing said first label from the release liner, said second label remains with said first label when the first label is adhesively applied to a

surface, and when said second label is subsequently separated from said first label, said second label is adapted to disassociate the identity of said patient from said health related information.

14. The data carrier of claim 13, in which said second label is defined by a die cut in said release liner.

15. The data carrier of claim 13, in which said second label is defined by a die cut in said first label.